

ZONES OF REGULATION

How do I feel right
now?

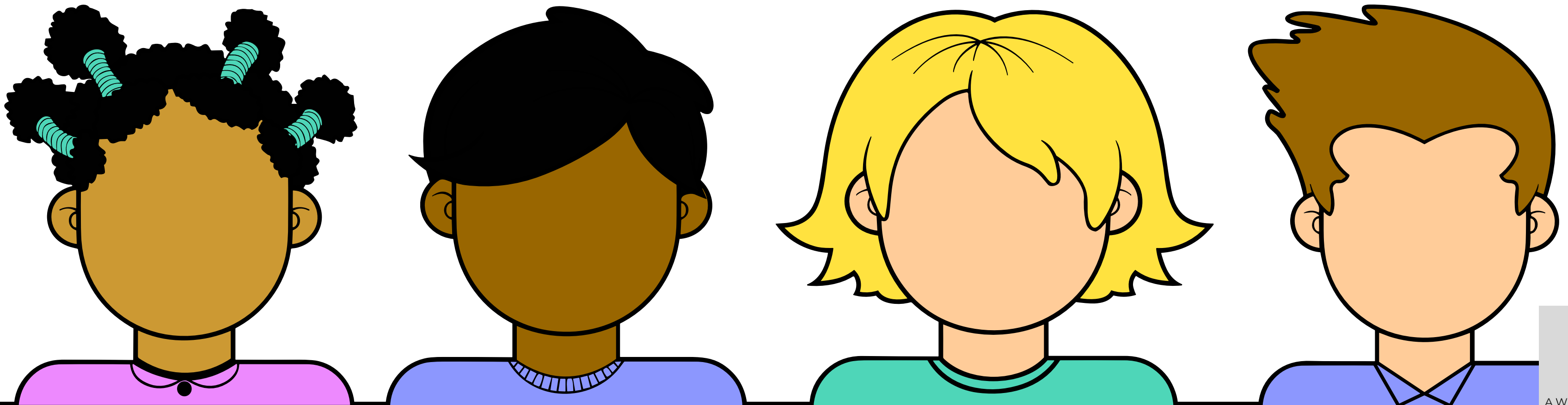


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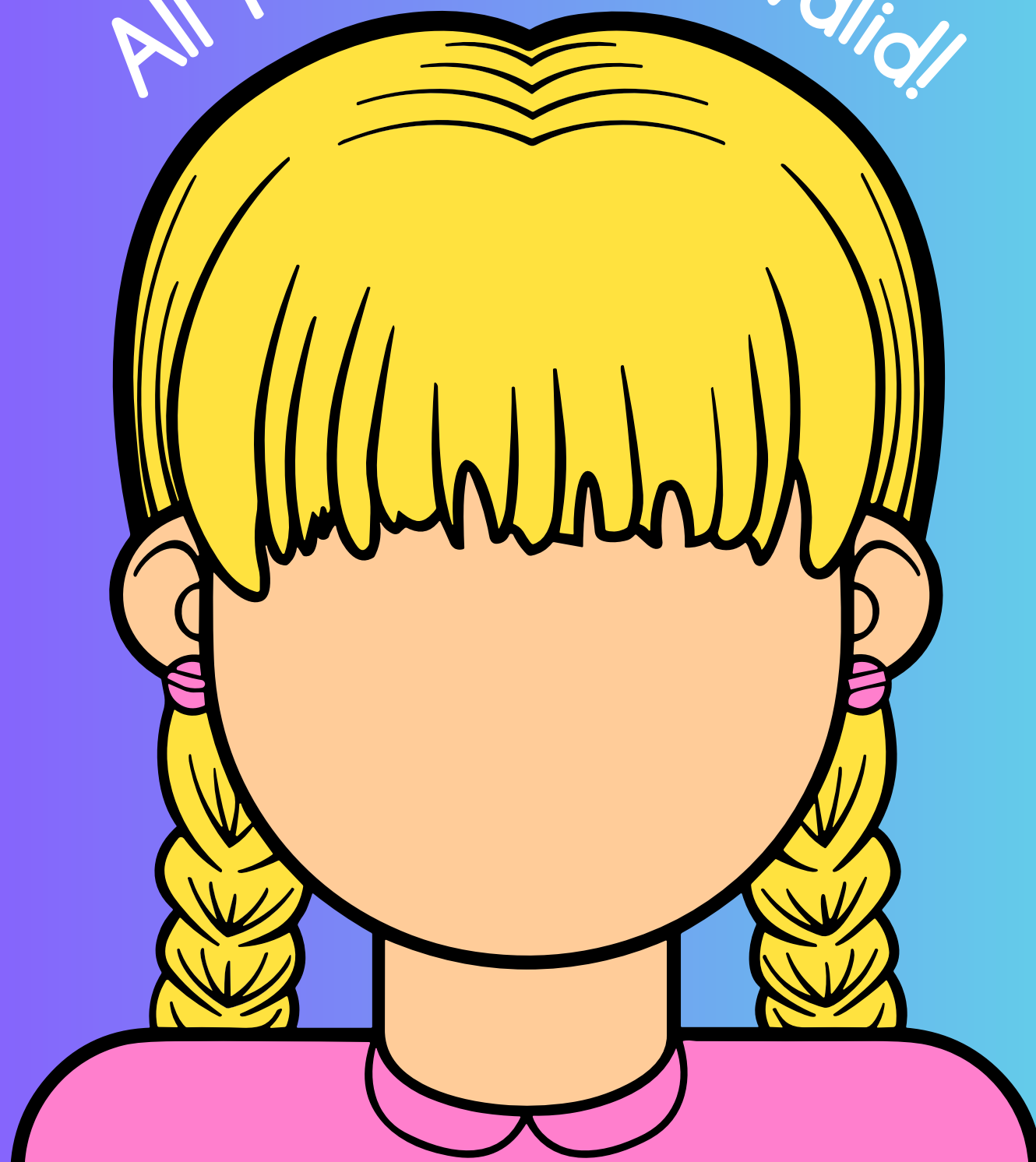
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WHAT ARE THE ZONES OF REGULATION??

The “Zones of Regulation” is a widely used framework designed to help children (and adults) better understand and manage their emotions, energy levels, and self-regulation. It’s especially helpful for neurodivergent children, including those with Autism, ADHD, and sensory processing differences.



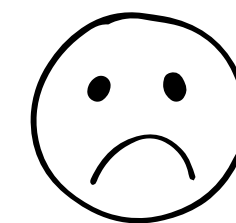
All feelings are valid!!



Blue Zone

You need to rest because you may feel...

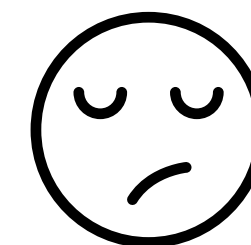
Sad



Tired



Bored



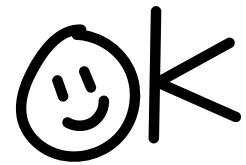
Unwell



You feel like you are good to go and ready to learn /play!



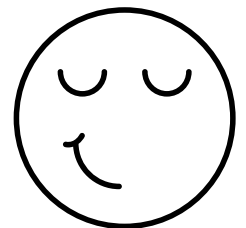
Happy



OK

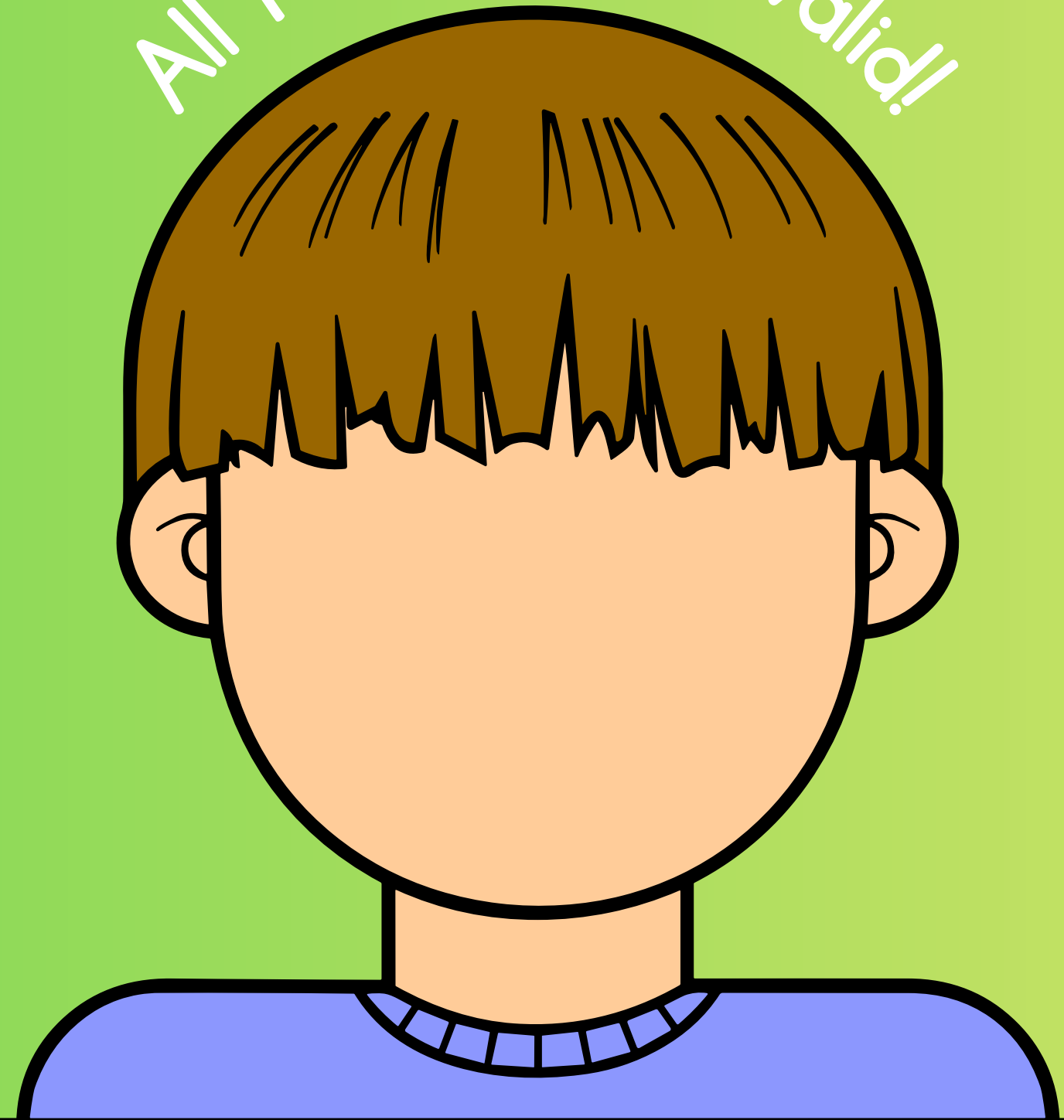


Focused



Calm

All feelings are valid!



Green Zone



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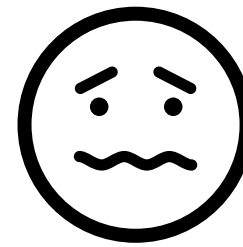
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All feelings are valid!

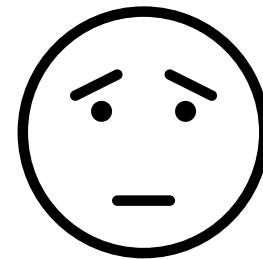


Yellow Zone

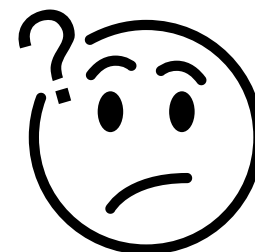
You may need to slow down a little as
you may feel...



Worried



Silly



Confused



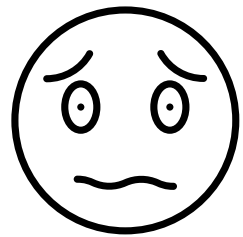
Surprised



Stop and try to breathe because you may feel...



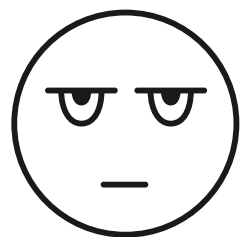
Angry



Scared

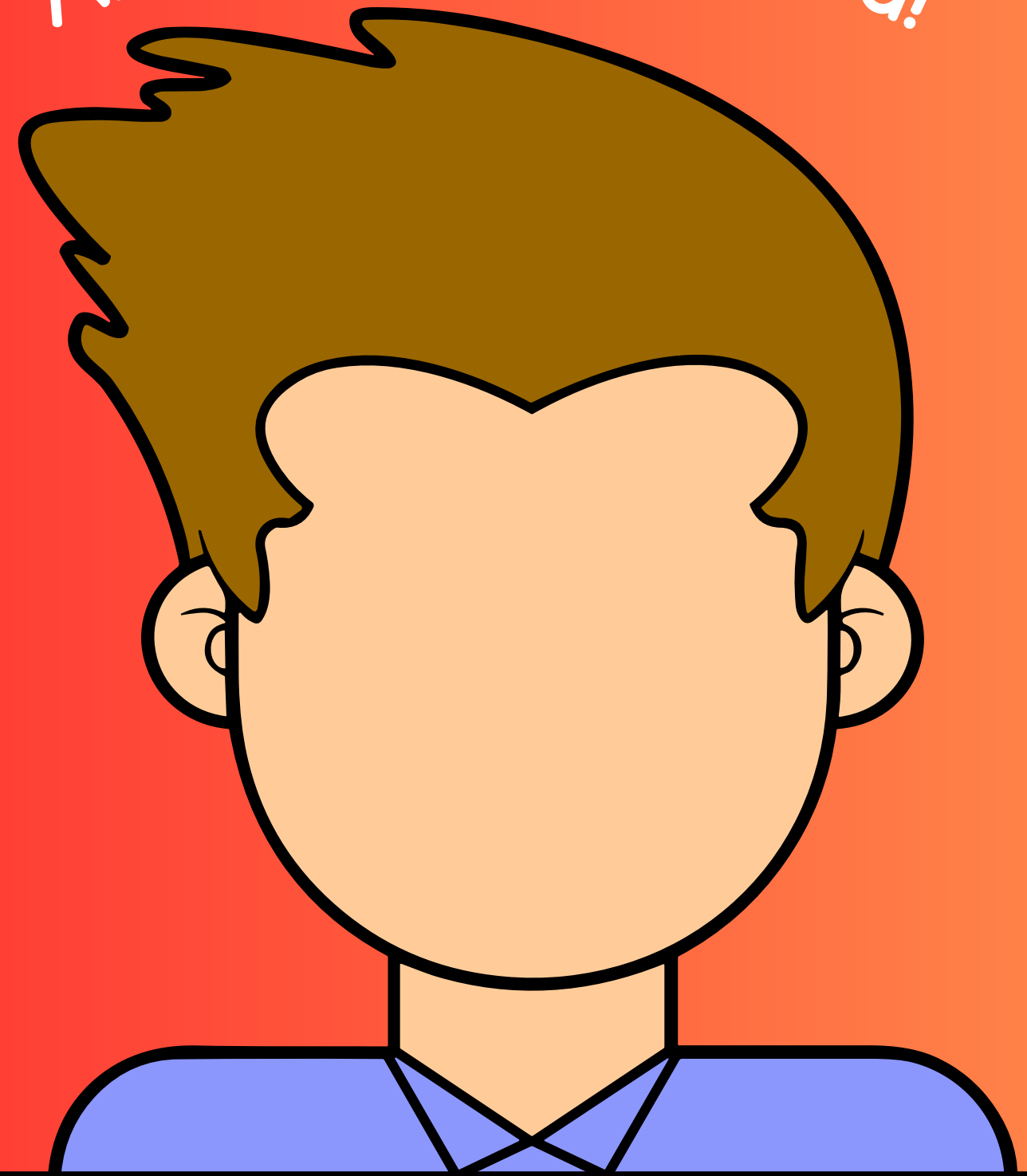


Cross



Annoyed

All feelings are valid!

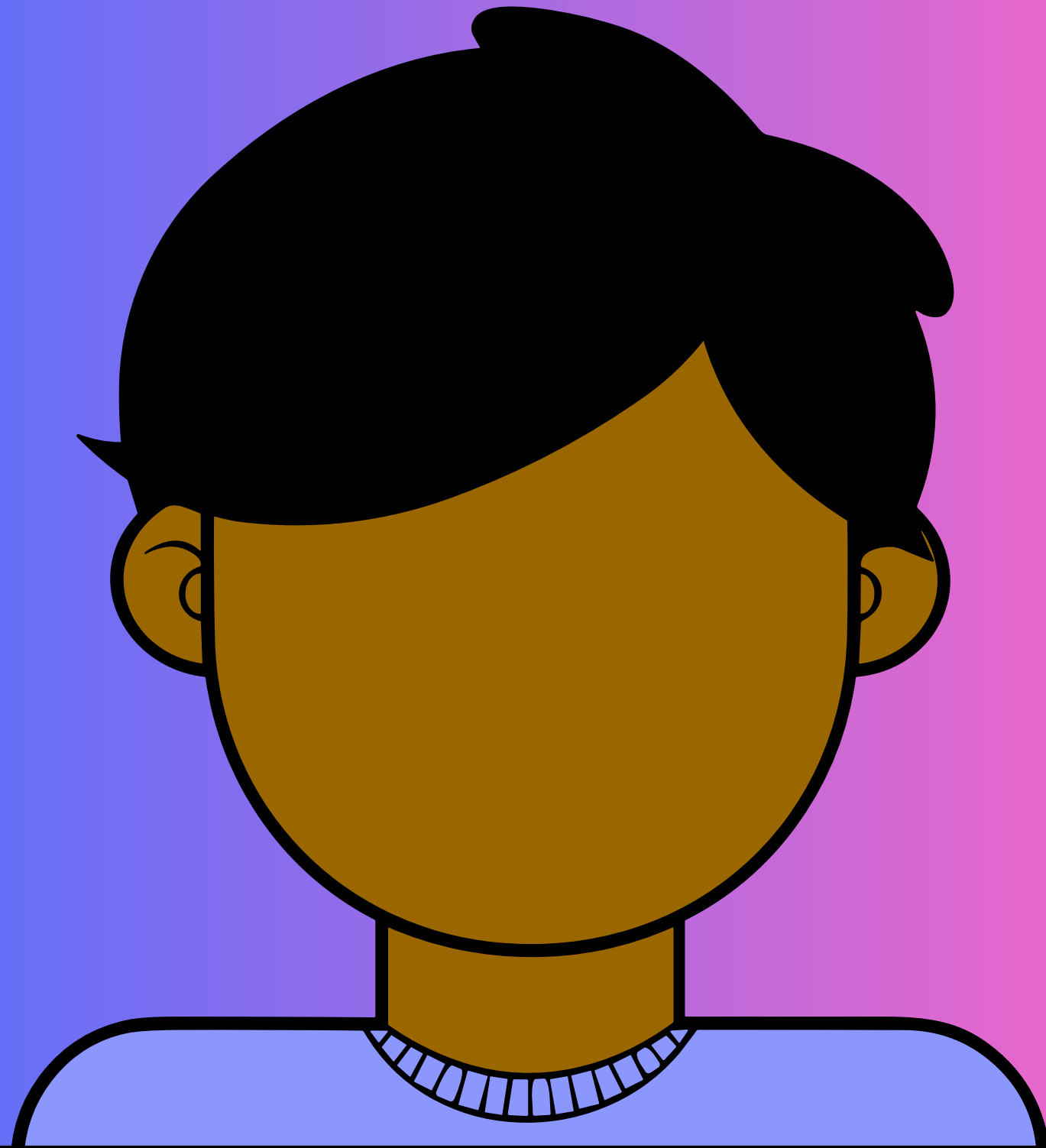


Red Zone



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Blue Zone

How can you regulate your emotions when you are in the blue zone?

- I could ask a friend for a hug
- I could talk to an adult about my feelings
 - I could have a rest
 - I could go outside

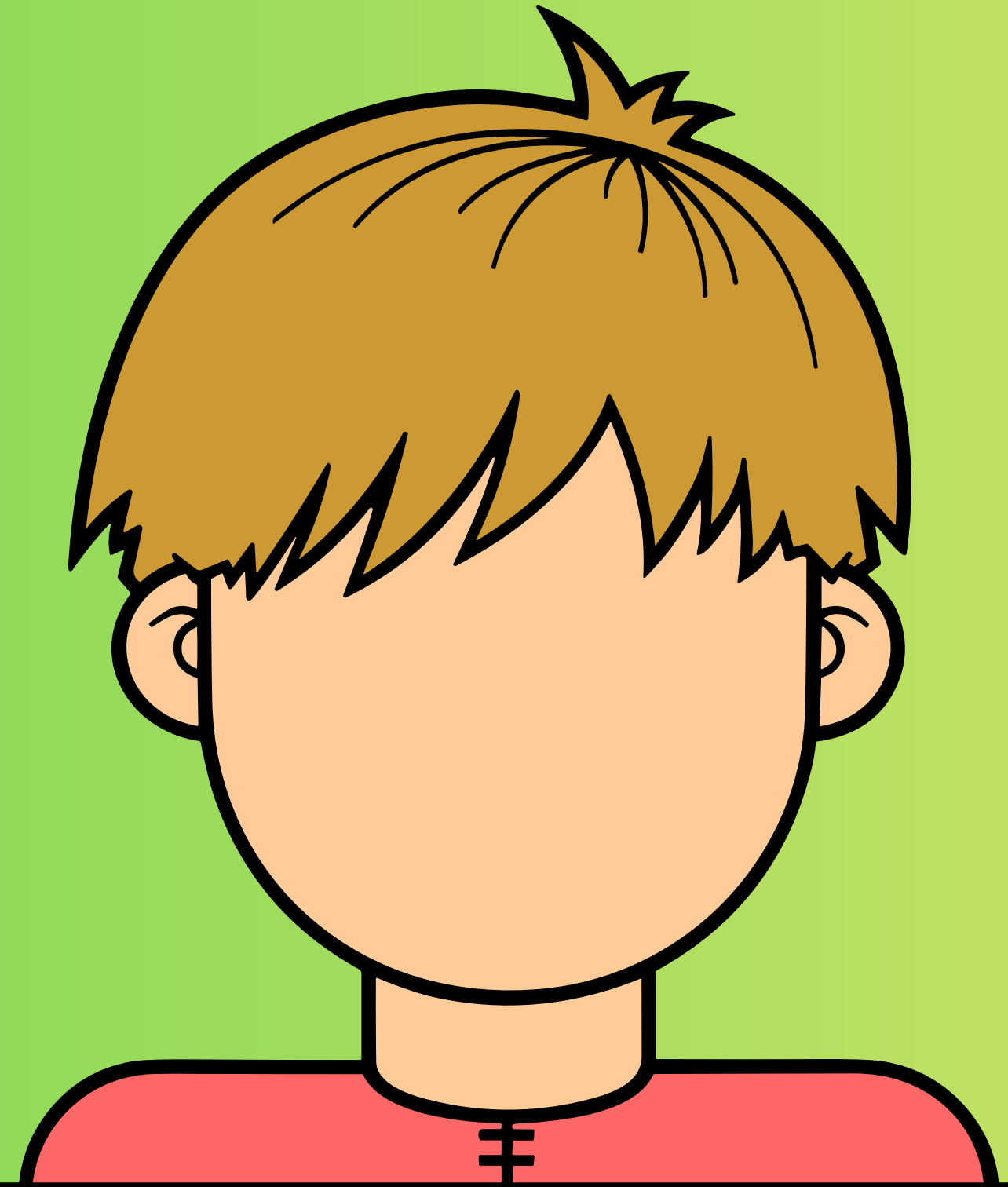


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I am ready to go so I feel...

- Ready to learn
- I feel focused
- Listening feels easier
- I am able to help a friend or teacher

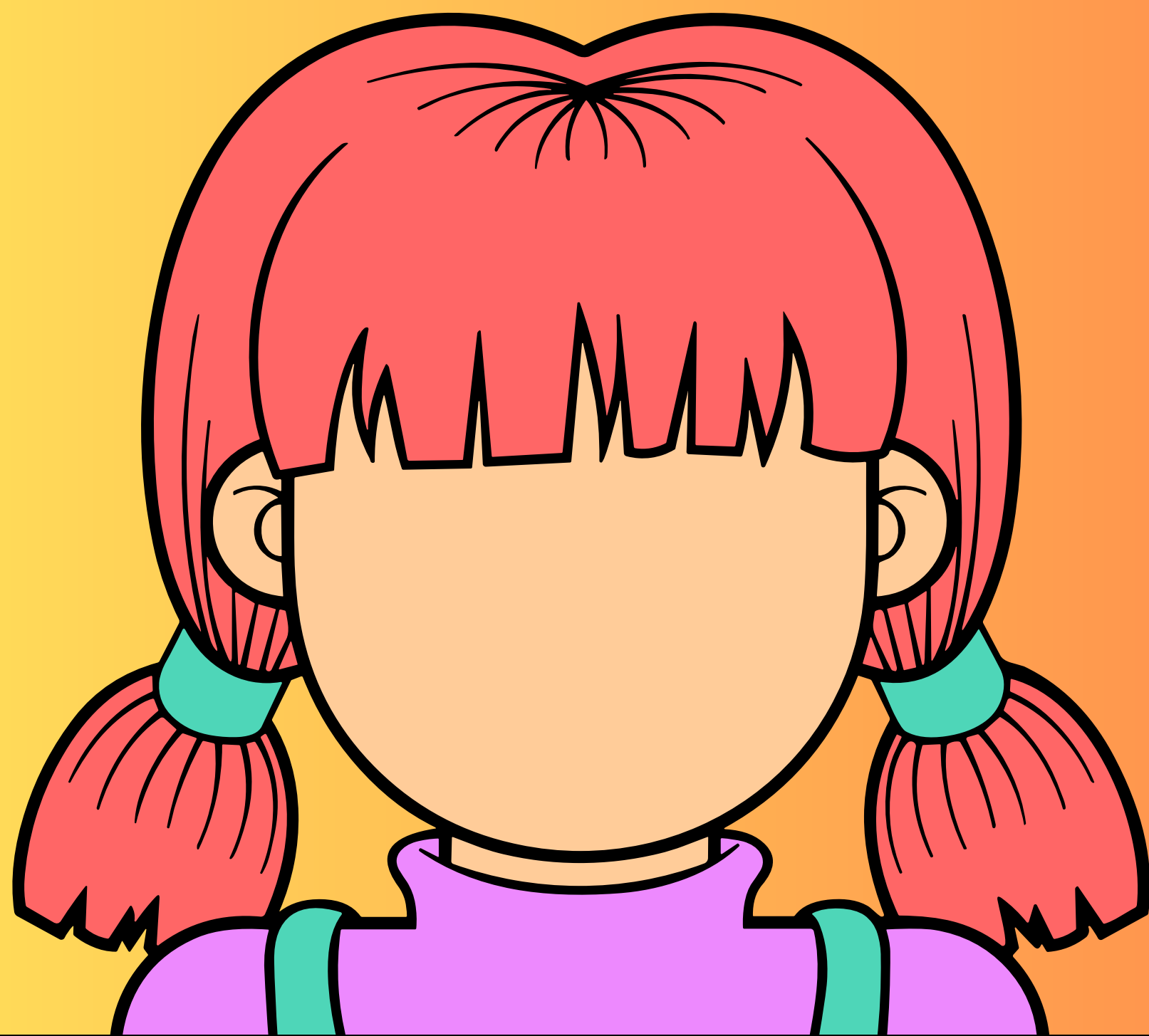


Green Zone



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Yellow Zone

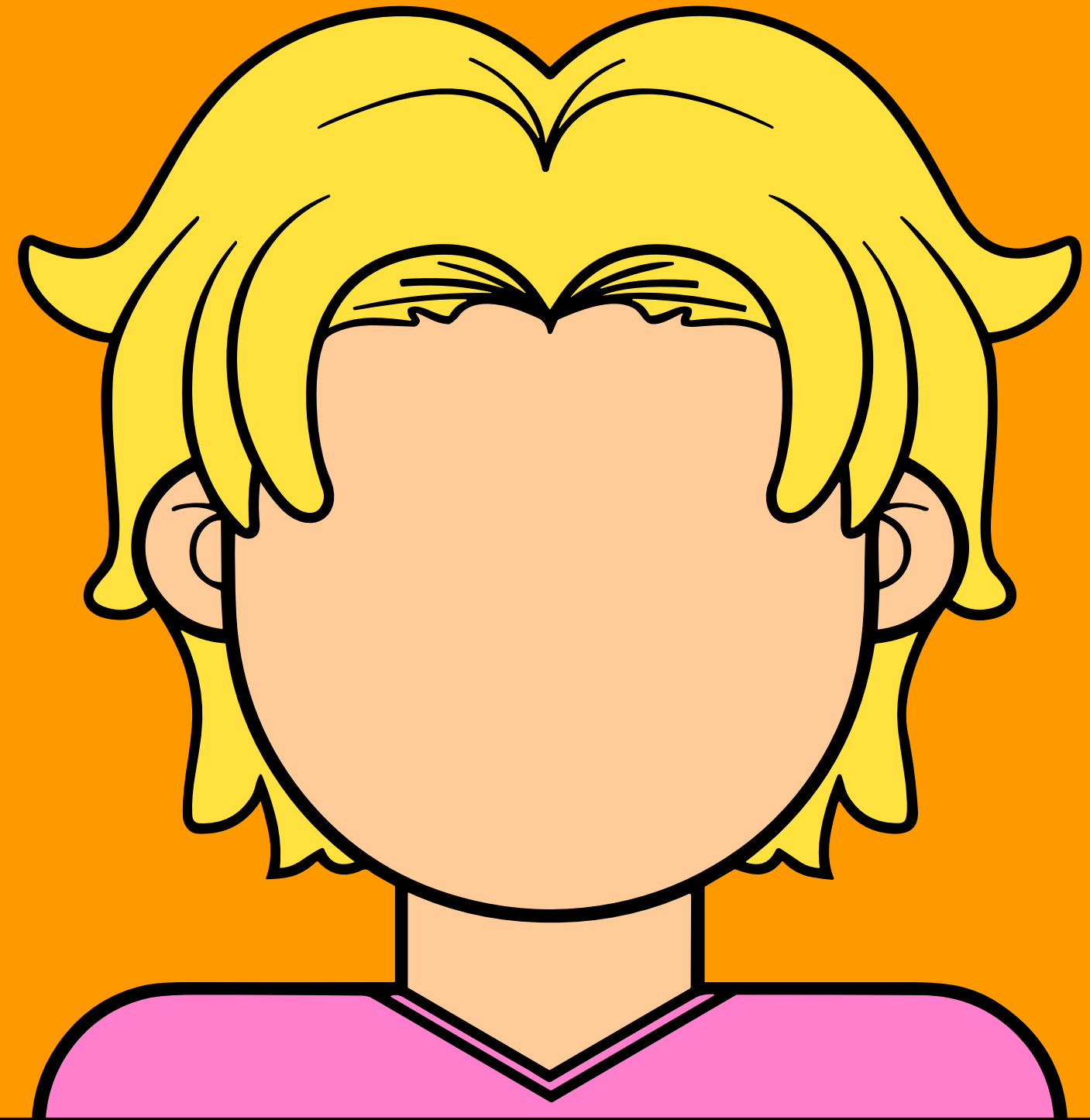
What can I do if I am in the yellow zone? I could...

- I could take a break
- I could go for a walk
- I could do some exercise
- I could talk to an adult about my feelings



How can you regulate your emotions when you are in the red zone? You could...

- I could take deep breaths
- I could have some quiet time
 - I could count to 10
- I could squeeze a cushion or something soft.



Red Zone



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